

# Abigail Brings Peace

Bible Point

**God helps us...and gives us self-control.**

## Purpose

In our society, selfishness usually wins out over self-control. It's easy to focus on ourselves and do whatever feels good in the moment, even if there are negative ramifications for others. And without listening to others' perspectives, we may not have the full picture.

We see this play out in front of our eyes on social media every day! Leaving self-control behind, people post without even trying to understand the other side, often using angry words that cut to the core. Even online, we need God's help.

In a kid's world, unfiltered comments aren't necessarily digital—it's life. Kids often lack the filter to consider whether or not what they say is hurtful; they just say it. This lesson will help kids see how God can help them respond with love and self-control rather than anger.



## Prayer

Dear God, I need your help to love and think of others more than myself. Give me your eyes as I see your children today. And give me your heart as I lead and guide them toward a closer friendship with you. Thanks for your help. In Jesus' name, amen.

## Prep

Opening Options	Sing & Play	Bible Discovery & Friendship Finale	Apply-It Options
<ul style="list-style-type: none"> <li><input type="checkbox"/> Option Cards*</li> <li><input type="checkbox"/> <i>Paper Clip Drop</i>: paper clips, clear cups</li> <li><input type="checkbox"/> <i>Pool Noodle Parade</i>: pool noodles, tape, marbles</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> countdown video*</li> <li><input type="checkbox"/> <i>Music Video</i> DVD*</li> <li><input type="checkbox"/> <i>Buddy Video</i> DVD*</li> <li><input type="checkbox"/> Klymer Bible Memory Buddy poster*</li> <li><input type="checkbox"/> media player</li> <li><input type="checkbox"/> Bible (bookmark Psalm 121:1-2)</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> "Abigail Brings Peace" Bible Story poster*</li> <li><input type="checkbox"/> Klymer Bible Memory Buddy stickers* (1 per child)</li> <li><input type="checkbox"/> Take-It-Home Flyers* (Unit 1, Week 4) (1 per child)</li> <li><input type="checkbox"/> Bible (bookmark 1 Samuel 25:6-8, 10-11, 24-25, 28-31)</li> <li><input type="checkbox"/> paper</li> <li><input type="checkbox"/> pens</li> </ul>	<ul style="list-style-type: none"> <li><input type="checkbox"/> <i>Explore More</i>: Bibles, clear cups, baking soda, vinegar, spoons</li> <li><input type="checkbox"/> <i>Game</i>: masking tape</li> </ul>

\* in your **Simply Loved Kit**



# Opening Options

Set up one—or both—of these intro activities to start your time together. Each activity connects kids to the Bible Point and to each other. Cut apart these Option Cards, and place one by each activity you choose. Crew Guides will follow the directions and build friendships with kids as they make discoveries together!



## Paper Clip Drop

**Supplies:** paper clips, clear cups

Place a cup on the floor and stand behind it. Drop a paper clip, trying to get it to land in the cup. How many paper clips can you get into the cup?

**?** What's something you like to do that takes careful aim or self-control?

Dropping a paper clip took careful aim and self-control. Self-control is when God helps you *not* say or do something you shouldn't. Self-control isn't always easy, but there's good news: **God helps us.**



## Pool Noodle Parade

**Supplies:** pool noodles, tape, marbles

Tape one end of a pool noodle to cover the hole. Then balance a marble on the tape and try to walk across the room without letting the marble fall off the tape.

**?** Tell about a time you were frustrated because something was out of your control.

It was hard to control the pool noodle so the marble didn't fall. *And* it can be hard to control what we say and do when people are mean to us. But **God helps us.** Today we'll discover how God helped someone in the Bible have self-control.

# Opening

Now's a great time for Opening Options. Choose one—or both—to introduce today's Bible discoveries.



countdown video (1 minute)

Help kids transition, clean up the activities, and sit with Connect Crews. A Connect Crew is a small group of kids with one Crew Guide.

## Sing & Play

Hi, friends! I'm glad you're here, where we can all be simply loved! Let's kick things off with a song about trusting God...even when everything is changing.



"Whole Lotta Change" music video

When everything is changing, it can be hard to know what to do. Sometimes we just react without thinking.

### Bible Point

But today we'll see how **God helps us**. When life doesn't seem fair or we feel upset and angry, God helps us and gives us self-control. So today, every time you hear the words "**God helps us**," you'll put one fist onto your other palm (demonstrate) and say, "Stand strong!" Let's try that together.

- Put one fist onto your other palm.
- Say, "Stand strong!"
- Repeat several times.

Repetition cements learning, so be sure to say today's Bible Point A LOT. Have fun with it! Kids will love listening for it and responding with "Stand strong!"

God will help us stand strong and choose his way, even when we're upset or frustrated. And I don't know about you, but that happens to me a lot! I'm so glad **God helps us**. (*Stand strong!*) God helped us by sending his only Son, Jesus, to be our trusted friend. Let's celebrate with another song.



" 'Tis So Sweet to Trust in Jesus" music video



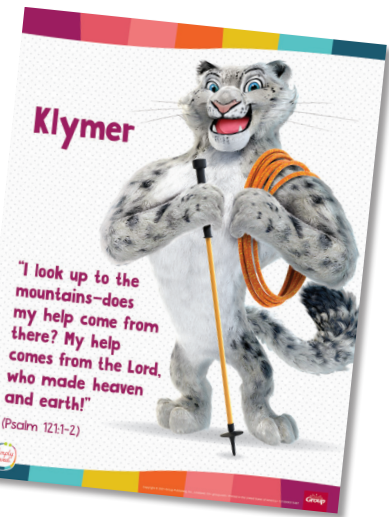
Stand strong!

### Supplies

- Bible
- media player
- *Music Video DVD*
  - "Whole Lotta Change" music video
  - " 'Tis So Sweet to Trust in Jesus" music video
  - "Come, Thou Almighty King" music video
- *Buddy Video DVD*
  - Klymer Bible Memory Buddy video (Week 4)
- Klymer Bible Memory Buddy poster

## Bible Memory Buddy & Verse

**Klymer the Snow Leopard is our Bible Memory Buddy!** Show the Bible Memory Buddy poster. **Klymer lives way up high in the cold, snowy mountains. So how does he get through the snow? Let's find out with a This-or-That Challenge!** You'll hear two fun facts about snow leopards. It's up to you to decide which is true—this fact or that!



**? Do snow leopards tunnel through the snow or walk on top of it?**

- Have everyone hold their arms in a circle over their heads to vote for *this* (tunnel) or march in place to vote for *that* (walk on top).
- Make a drumroll sound by patting your thighs or the floor.
- Dramatically give the answer: **Snow leopards walk on top! How can a heavy wildcat walk on the snow without falling through? Let's find out!**
- Watch the Bible Memory Buddy video.



**Klymer Bible Memory Buddy video (Week 4)**



Show the Bible. **The Bible is God's true story of love! The word *bible* means "book," and this is God's special book. Let's say a verse from the Bible together. It's Psalm 121:1-2. I'll say a line, and then you repeat it after me.**

**"I look up to the mountains—** (*shield hand over eyes and look up*)  
**does my help come from there?** (*shrug shoulders*)  
**My help comes from the Lord,** (*point up with hands*)  
**who made heaven and earth!"** (*circle arms up and around head*)  
(Psalm 121:1-2)

**God helps us.** (*Stand strong!*) **When we need help, we can look to God, who made heaven and earth! Let's ask God, our almighty King, for his help today.**



**"Come, Thou Almighty King" music video**

# Bible Discovery

## Circle Up & Connect

Let's circle up and spend a little time simply getting to know each other in smaller groups called **Connect Crews**.

- Arrange kids into Connect Crews with one helper—or Crew Guide—per group.
- Invite kids to sit in knee-to-knee circles with their Connect Crews.
- Have kids give their Crew Guides a high-five.
- Have kids take turns saying their names and answering this question. Crew Guides go first.

**? What's something that makes you angry?**

## Experience the Bible Story

When we're angry, we may want to yell, throw a fit, or get even. It's hard to have self-control. But **God helps us**. (*Stand strong!*) God loves us, even when we're angry, and God will help us choose his peaceful way instead of our own angry way.

Today's Bible story is about two men who both felt angry and a woman who brought peace! Let's find out more.

This conflict was between a man named Nabal and David in the Bible. David was God's chosen king, but he wasn't king quite yet!

I'm going to need your help to tell the story. As we look at their squabble, let's consider all sides of the story.

**Now, you know me.** Say your name, where you live, and something else kids know about you. **But for the next few minutes, I'm not that person anymore. I'm Nabal—straight out of the book of 1 Samuel in the Bible.** Change the sound of your voice so it sounds a bit gruff and say, **Nabal talks like this. You all will be Nabal's shepherds. You work for him. Ready? Here we go!**

Step to one side of your room. Pace slightly as you talk as if angry, but stay in that general area. **Hey. I'm Nabal. I'm a rich man with 3,000 sheep and 1,000 goats. I think I hear them over there.** Pause, motioning for everyone to make sheep noises.

**Okay, sheep. Time to quiet down. You know, it takes a lot of workers to take care of all those animals. Especially right now—it's sheepshearing time! Well, shepherds, get busy!** Have everyone use fingers like scissors and pretend to cut a sheep's wool.

## Supplies

- Bible
- "Abigail Brings Peace" Bible Story poster
- paper
- pens

We call helpers **Crew Guides**. If you lead a small class, you can be the **Crew Guide**. Simply circle up with the kids. If you have helpers, form smaller groups so each child can be known—and so kids can befriend your helpers, too!

**Yup. Those are some good-looking sheep. Thanks. I gotta tell you, I was really, really mad earlier today. Furious even. The nerve of some people. A hotshot named David sent some of his friends to ask me for food.**

**Can you believe it? Do I look like I want to share my food?** Cross arms over your chest defiantly. **I have a lot of shepherds to feed. You don't want me to give away your food, do you?** Have everyone cross arms and make a mad face.

**Do I have food? Yes. Do I want to give it to strangers? No way. Here's what I said to those David people.**



Read aloud 1 Samuel 25:10-11.

**Yup. That's just how I feel about this whole thing. Besides, I don't even know this guy. Seems like an outlaw to me. Who does he think he is, asking for some of my hard-working shepherds' food? You all deserve it, not him and his people!** Have everyone give themselves a proud pat on the back.

**I'm so mad that I could just...just...well, not show self-control, that's for sure!**

Change back to your usual voice again and take a bow. **And...scene! That was Nabal and his sheepshearers.** Have everyone give a round of applause. **Now I have a question for you.**

**?** **Do you think Nabal has a right to be mad? Why or why not?** Invite several responses from the whole group.

**There are two sides to every story—and every conflict, too. When we find ourselves angry like Nabal, God helps us. (Stand strong!) God helps us stand strong and see things a different way rather than giving in to our anger. Let's do that now.**

**Now I'm David! And you are my posse, my groupies, my loyal men...and women. Ready? Here we go.**

Step to the opposite side of your stage or room. Pace slightly in that area as you talk.

**Hi, there! I'm David. You won't believe what happened to me today! I'm fuming!**

**There's this rich guy, Nabal. I've never met him before, but I've hung out with his shepherds. You all were there, too, remember? We kept them safe!** Have everyone stand up like bodyguards on the lookout.

**That's right! We're tough, and we're loyal. We formed a wall of protection around Nabal's sheep and shepherds. They were safe because of our hard work!** Have everyone move to stand in a big circle around imaginary shepherds and sheep. Have them face out with backs to the center of the circle.

**Talk about having people's backs! But we're human. We get hungry, right?** Have everyone hold stomachs like they're hungry.

Welcome several responses, making sure to repeat each answer given. Your recap will allow kids to know they're understood, and it'll help everyone else hear quiet voices.

It just so happens that we were near Nabal's house, so we asked him for some food. Seemed like a nice thank-you for the work we'd done protecting his stuff. I wished him peace. And I even said "please." Have everyone say "please" in their sweetest voices.

Here's exactly what I told my messengers to say.



Read aloud 1 Samuel 25:6-8.

Friend. Ha! I *thought* we were friends because of how I'd helped his shepherds.

But did he help me? Nooooo. Nabal got mad and screamed insults at us. And let me tell you, this dude is known for having a bad temper. When he gets mad, his servants say no one can even talk to him. You might as well give up and go home. Have everyone sit down in Crews again.

Nabal has no right to be mad! All I did was ask for food politely. He's rich and has *plenty* of food. The guy owes me. Now *I'm* mad, too. Madder than mad. I told my guys to get their swords. We're going after Nabal! Have everyone pump a fist in the air and say "Yeah!"

And...scene! Take another bow. That was David and his men. Have everyone give a round of applause. I wonder...

- ❓ **Do you think David had a good reason to be mad? Explain.** Invite a few responses from the whole group.
- ❓ **Now that you've heard both sides of the story, who do *you* side with?** Have everyone raise their right hand if they side with Nabal and their left hand if they side with David.

David was so mad. Maybe he knew that **God helps us.** (*Stand strong!*) But perhaps his anger made him forget all about God's help. It's a good thing Nabal's wife, Abigail, was there to remind him.

Change your voice a little again. Now I'm Abigail. And you all work in my household. Ready? Here we go.

Stand calmly in the middle of your stage or teaching space. Speak matter-of-factly.

Hi, there. I'm Abigail. My husband's name is Nabal, and he has a bit of a temper. Well, today he really flew off the handle. He and a man named David got into a tiff over food.

I've heard of David. God helped him defeat a Philistine giant, God has protected David from his enemies, and God is planning to make him the leader of Israel!

I knew God was with David, but it seems David forgot to turn to God for help with self-control. He must have forgotten that **God helps us.** (*Stand strong!*) Perhaps God wanted to help David through me.



**So I loaded up some food for David and his men. First, I gathered 200 loaves of bread. This is where you all come in. Can you bake some bread for me?** Have everyone pretend to knead, roll, and bake bread.

**Then I filled two wineskins with wine.** Have everyone pretend to pour a drink.


**I also brought five sheep's worth of meat, a bushel or so of roasted grain, 100 clusters of raisins, and 200 fig cakes. This all needs to be packed on donkeys. Can you all help me pack up?** Have everyone pretend to put things in a bag, pull "strings" to close the bag, then lift it onto donkeys. Invite a few donkey brays, too.

**Good. Thank you. I didn't tell Nabal any of this. I just rode out to meet David and bowed humbly before him.** Show the Bible Story poster.

**I could see David's side *and* Nabal's side...and I was on the side of peace. There was no reason for anyone to get hurt over one meal's worth of food. So here's what I said.**

 Read aloud 1 Samuel 25:24-25.

**When people are mad, it's good to start off by seeing what you can apologize for. So that's what I did. I said...**

 Read aloud 1 Samuel 25:28.

**On the count of three, let's say "I'm sorry" together. One, two, three. "I'm sorry."**



**They're just two words, but they can be hard to say! But **God helps us.****

*(Stand strong!)*

**God also gave me the words to remind David *why* he should have self-control. Here's what I told him.**



Read aloud 1 Samuel 25:29-31.

**Since I knew God was planning for David to be the king of Israel, I reminded him to follow God's plan instead of needlessly killing my husband.**

**And it worked! David took all the food I offered him, thanked God for sending me to help him, and promised to make peace.**

**Whew! Crisis averted!** Have everyone wipe foreheads with hands in relief.

**And...scene!** Take another bow, and have everyone give a round of applause. **That was Abigail. Through her, God helped David. And **God helps us.**** *(Stand strong!)*

**Sometimes God helps us through other people, too. Let's talk about that in our Connect Crews.**

- **?** **Who helps you calm down when you're mad? How do they help you?** Tell an example from your own life first, then invite Crew Guides to share first in their Crews.

- Give Crews several minutes to talk.

## The Heart of the Matter

**Calming down when you're mad can be hard. But Abigail taught us some great ways **God helps us.**** *(Stand strong!)* **Let's think about some of the ways God helps us have self-control. We'll spell out "Self-C," short for self-control.**

Give each Crew five pieces of paper and a pen. Have five kids in each Crew each write a letter on a paper, spelling out "Self-C."

Have the S kids hold up their papers. **The S is for "Say it to yourself." When you feel like saying something mean to someone, say it in your head like you're saying it to yourself. Does it hurt to have it said to you? If the answer is yes, then don't say it! Practice that one by acting like you're thinking really hard.** Have all kids act like they're thinking.

Have the E kids hold up their papers. **The E is for "Evaluate the other side." David and Nabal could only see their own side of things! But they both had good points, and if they had seen each other's side, maybe they could've made peace without Abigail. Practice that one by turning backward and then forward again.** Have everyone turn backward and forward.

Have the L kids hold up their papers. **The L is for “Let go of what’s fair.” We usually focus on making sure things are fair. If someone is mean to us, it’s only fair to be mean back, right? But God helps us. (Stand strong!) God can help us let go of wanting what’s fair and instead want what’s right and loving. Hold your hands out like you’re letting go of something.** Have everyone hold out their hands.

Have the F kids hold up their papers. **The F is for “Find your Abigail.” David needed someone to help him have self-control. Find someone who can help you when self-control is hard. God put that person in your life because God helps us. (Stand strong!) Point to someone near you and say, “Be an Abigail!”** Have everyone point.

Have the C kids hold up their papers. **And the C is for “Count to 10.” Sometimes we just need to pause long enough to let our anger calm before we say or do anything. So count to 10 in your head, and ask God to help you have self-control as you wait. Try it now! Count to 10 in your head.** Allow time for counting to 10.

**Let’s review that one more time!** Have kids stand in a line within their Crews, holding up their letters in order to spell “Self-C.”

**When I call your letter, hold up your sign! I’ll remind you what it stands for, and you’ll repeat after me.**

**S! Say it to yourself!** Act like you’re thinking as kids repeat.

**E! Evaluate the other side!** Turn backward and forward as kids repeat.

**L! Let go of what’s fair!** Hold out your hands as kids repeat.

**F! Find your Abigail!** Point at kids as they repeat.

**C! Count to 10!** Hold up 10 fingers as kids repeat.

**Self-control is hard, but God helps us. (Stand strong!) So turn to him for help!**



Now’s a great time for Apply-It Options! Choose one—or both—of the following reinforcement activities to support today’s Bible discoveries before the Friendship Finale.

# Apply-It Options

Choose one—or both—of these activities to support kids' learning after Bible Discovery.

## Explore More

**Supplies:** Bibles, clear cups, baking soda, vinegar, spoons



Distribute Bibles, and help kids find and read Proverbs 15:1 together.

- Form pairs.
  - Give one partner a cup with baking soda in it, and give the other a cup with vinegar.
  - Give each partner a spoon, and put an extra empty cup between them.
  - Partners will take turns adding a spoonful of their substance to the empty cup, watching the bubbling reaction, and waiting for the mixture to settle before adding more.
- ❓ **What happened when you kept adding more and more baking soda and vinegar?**
- ❓ **What would stop the bubbling?**
- ❓ **What keeps anger going? What stops it?**

When we're angry, we usually want to get the last word. But so does the other person! When both people keep adding more and more harsh words, it just keeps the fight going. Instead, God can help us use self-control and gentle words to stop the anger. I'm so glad **God helps us.** (*Stand strong!*)



## Game

**Supplies:** masking tape

**Self-control is hard! It's a good thing God helps us.** (*Stand strong!*) **Let's try to have self-control when we're dizzy with anger.**

- Tape several straight lines that run across your room.
  - Kids take turns spinning until they are dizzy, then trying to walk straight across a tape line.
- ❓ **How well could you control your steps when you were dizzy?**
- ❓ **How is that like or unlike controlling your actions when you feel angry?**

When we feel really angry like David and Nabal did, self-control is hard. But **God helps us.** (*Stand strong!*) **God sent Abigail to help David have self-control. And God will help you, too.**

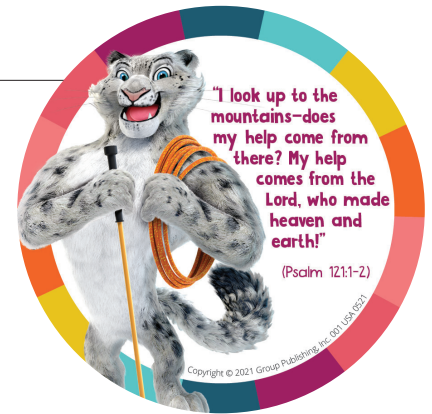
If time allows, play another round where kids get help crossing the tape line from a non-dizzy friend who links arms with them.



## Supplies

- Klymer Bible Memory Buddy stickers (1 per child)
- Take-It-Home Flyers (Unit 1, Week 4) (1 per child)

# Friendship Finale



Have kids sit in knee-to-knee circles with their Connect Crews.

**Klymer, our Bible Memory Buddy, can help us remember that **God helps us.** (Stand strong!) You'll receive a Klymer sticker to help you remember to turn to God for help with self-control this week. You can wear it now or take it home with you.**

- Kids practice self-control by holding out a hand and sitting as still as a statue.
- Crew Guides say, “[Child’s name], **God helps you.**” Then they’ll place a sticker in that child’s hands.
- Crew Guides give thumbs-up when everyone has received a sticker.
- Release kids to move again!

Saying each child’s name in a loving way helps kids simply experience God’s love through you!

**When David and Nabal couldn’t get along, Abigail stepped in the middle to solve the problem. That’s kind of like what Jesus did for us. Because of our sin, we couldn’t be close friends with God! But God loves all people so much that he sent his only Son, Jesus. Jesus stepped in the middle and took care of our sin problem once and for all.**

**Listen while I read something about our friend Jesus. As I read, sit as still as a statue to practice self-control.**

- Read the first section of the Unit 1, Week 4 Take-It-Home Flyer.
- **Now I’ll give you one of these flyers to help you talk about Jesus’ self-control in your Connect Crews *and* at home, too. Think of this as a practice time for talking about Jesus with your family at home.**
- Distribute Take-It-Home Flyers to Crew Guides, and have them share about their own friendship with Jesus as they discuss the “Talk Starter” question with their Crews.
- Kids share prayer requests—things they’d like to tell Jesus—in their Connect Crews.
- Connect Crews pray together.
- Crew Guides distribute Take-It-Home Flyers and follow the directions to help kids fold the paper to “fly” home. 🌈

